

ANCHOR WATCH

May - June 2015



What is the ShipShape Program?
The ShipShape Program is the official Navy weight management program that assists active duty Sailors, Navy beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight loss: mindset, nutrition, and physical activity. The goal is to equip participants with the skills and resources necessary to jumpstart a healthier lifestyle. The ShipShape Program is administered at various local commands by certified ShipShape facilitators and is managed by the Navy and Marine Corps Public Health Center, as designated by BUMEDINST 6110.16

Who is eligible to participate in the ShipShape Program?
Active duty Sailors, Navy beneficiaries, and government civilians can enroll in the ShipShape Program to learn how to safely achieve long-term weight management goals. The program is highly recommended for active duty personnel who have failed or are at risk of failing their body composition assessment or physical fitness assessment. Participants can be referred to the ShipShape Program by command fitness leaders (CFLs), primary care providers, or can self-refer based on a personal decision to improve weight management skills.

How does the ShipShape Program work?
Over the course of eight sessions, ShipShape participants receive information, motivation, guidance, and support in a group setting. The objective is to develop personal lifestyle modifications for healthy weight loss and long-term weight management.

Sessions are led by certified ShipShape facilitators at medical treatment facilities and clinics, shipboard commands, and ashore facilities. Topics covered in the sessions include basic nutrition and physical activity, setting goals, strategies for weight loss, creating supportive environments, psychology of weight loss and stress management, and current weight loss trends. The program also provides up to six months of follow-up support so that each participant can stay on track with their weight loss goals.

CFLs act as the command liaison for ShipShape facilitators and provide each potential ShipShape participant with a written referral from the command to the ShipShape program. CFLs assist the ShipShape facilitator to ensure that participants attend all sessions and help to coordinate efforts during the six months of follow-up support.

Where can I learn more?
To learn more, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/SHIPSHAPE.ASPX. Comments or general questions can be emailed to the ShipShape program manager at NMCPHCPTS-SHIPSHAPE@MED.NAVY.MIL.

For more information about your local ShipShape Program, please contact Chief Petty Officer Davison in the Command Fitness office.

Dates: Tuesday @1200
Thursday @1500
Location: Eagle Fitness Center



CONTENTS:

- 3 Junior Sailors' Association
- 6 TAPS Good Grief Camp
- 10 Safety Flash
- 12 The Battle of Midway Commemoration Dinner
- 14 Asian, Pacific Island Cultures Celebrated at Annual Event
- 16 Advancement List



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The Fort Meade Junior Sailors' Association (JSA) is a great program to meet people, get involved, and stay active at Navy Information Operations Command Maryland (NIOC MD). Open to ranks E-5 and below, the JSA provides junior Sailors with mentorship, social activities, and volunteer opportunities.

Comprised of four Board of Governor members (President, Vice President, Treasurer, Secretary) and six sub-committees (Social and Recruiting, Fundraising, Community Service, Webmasters, Training and Education, Public Affairs Liaison), the JSA has quickly established itself as the go-to organization for junior Sailors looking for opportunities to succeed. With an increase in membership of more than 300 percent in the last 11 months, the JSA now has more resources than ever before. These resources are made available to ANY junior Sailor, to include those with families, and are broken down as follows:

Social and Recruiting sub-committee: Primarily the 'fun' organizer, our social and recruiting chairmen plan, coordinate, and successfully execute social events. With the goal of creating an open environment to socialize freely, some examples of past social events include group hikes, barracks game nights, joint-organization basketball games, pizza parties, and more. As funds continue to grow in the JSA, more events will be planned. That brings us to our next committee...

Fundraising sub-committee: Outside of membership dues and donations, our fundraising chairmen are the center-piece of raising revenue for the organization. Whether it is a Krispy Kreme Doughnut sale, Chick-Fil-A sale, or our JSA PT shirts, the fundraising committee is an integral part in driving JSA operations. So, next time you see a JSA fundraiser, be sure to participate!

Community Service sub-committee: It's common knowledge that being a well-rounded Sailor provides a fast track to advancing in the Navy. One way of rounding out your expertise is by volunteering your time to a worthy cause. Our community service chairmen provide you with that opportunity. By organizing events like the Legacy Chase Cancer events, Adopt a Highway Cleanup, or CSC security events, the JSA offers junior Sailors an avenue of staying involved in the command outside of work and helping out their local community.

Training and Education sub-committee: Our training and education chairmen are very important for Sailorization training of junior Sailors. By providing training on topics such as understanding profile sheets, officer accession programs, and USMAPS, our chairmen are vital to introducing first-term Sailors to the many benefits offered by the Navy.

Webmasters: By keeping our website and Facebook page updated, our webmasters enable members to view



upcoming events like the ones previously discussed. Have you joined our Facebook group? Have you visited our website? If you have, you've seen the great work our webmasters do daily.

Public Affairs Liaison: A new position within JSA, the public affairs liaison is responsible for maintaining constant dialogue with the command Public Affairs Office and publishing our bi-monthly newsletters. Have you subscribed? If not, email fortmeadejsa@gmail.com to get on the distribution list.

In summary, JSA has countless opportunities for junior Sailors. If you're seeking for ways to balance out your work and social life, JSA is an excellent avenue to get started. Paying dues is NOT required, however, there are many benefits that come with being a paid member, such as discounted social event tickets, free food at meetings, and discounted PT shirts.

Give us a try! Our general meetings are the fourth Thursday of every month at 1400 in the barracks dayroom. You don't have to join to come to the meetings, so come out and hear more of what we're about! If you have any questions or recommendations, please email fortmeadejsa@gmail.com. Our organization is ever-changing, and you might have the next big idea. Speak up and get your voice heard!



TAPS 21st Annual National Military Survivor Seminar and Good Grief Camp

May 21st - 25th, 2015

TAPS, a four-day event held each Memorial Day Weekend in the Washington, DC area, is a healing weekend that allows survivors to come together for grief education. Participants learn skills that assist them in their grief journey. Casualty personnel, commanders, family support personnel, and chaplains come to learn more about the grief process and to strengthen skills that assist them in supporting survivors.

The mission of the Good Grief Camp is to provide support and comfort for children and teens facing the loss of a loved one in military service. We promote an atmosphere whereby camp attendees can feel safe with their peers to express their deepest thoughts and verbalize their feelings of grief.

We support those children and teens who have lost someone extremely close to them by providing helpful coping skills and normalizing their emotions.

Through interactions with others, they discover they are not alone in their grief and build a support network and lasting friendships. Each Good Grief Camp participant has a military mentor who serves as a companion throughout the weekend, providing them with special one-on-one attention and showing them that the military has not forgotten about them.

The camp provides a well rounded experience for those who attend. Children and teens are provided time to do important grief work, and they also have supplemental activities to provide breaks from that grief work. These include field trips, where they can discover how America honors our heroes and activities that allow them to relax and have fun!

"TAPS is a great organization and the feeling I get from volunteering for it is humbling. I cannot fathom the pain these children feel from losing their parents or loved one at such a young age. However, all of them are strong and brave individuals for sharing their stories with us. I enjoyed every minute with my mentee, from the fun things we had planned to do, to the moments of sadness in which I had to help cheer her up. The weekend was an incredible experience and I encourage everyone to volunteer in the future."

- Petty Officer Third Class Tristina Mallard



"I stepped into the TAPS mentoring with the insight that I was going to help others, but what I got in return was way more. I truly can't describe how this program changed me and how I see things differently."

- Seaman Eboni Wakins



"TAPS is a program that truly captures the emotion of the friends and families left behind. It allows both the mentors and mentees a chance to find closure and to let go of those who have passed away. I have never been a part of such an amazing program and would highly recommend it to anyone. It was the most rewarding weekend I have ever had, to see a child be able to let go of their pain and work through it. No one should ever have to fight grief alone."

- Seaman Dylan West





"Pretending to be happy when you're in pain is just an example of how strong you really are. The strongest people are not those who show strength in front of us, but those who win battles we know nothing about."

- Petty Officer Third Class Rosa Cervantes



"Being a mentor at the TAPS Good Grief Camp has substantially altered my life. I am still very emotional as I continue to soak in everything that I experienced at this camp. The children, who I thought had come to share their grief with us, came with more than I ever could have imagined. In the midst of it all, I found myself surrounded by laughing teenagers, crying teenagers, complaining teenagers, rebellious teenagers, and caring teenagers. Everything that teenagers are supposed to be. These kids have experienced what is probably the greatest fear and heartbreak that a child can have and they have grown through their grief. They were there to learn ways to cope, but I learned from them. If I could explain it all, I would. However, it really comes down to one word for me and that word is TRANSFORMATIONAL!"

- Petty Officer First Class Layaka Young



"My weekend at TAPS is really hard to describe. I wasn't sure what to expect going into it, but I have never been happier with a decision in my life. I never thought I would have such a good time at a "Grief Camp." I was with an amazing group of 8 year olds and each one was so sweet. I had so much fun hanging out with them, but felt so bad at the same time. No one should have to deal with a loss like that, especially at such a young age. I have never felt more inspired in my life than I did this past weekend. The only thing I would change is the fact that I didn't hear about TAPS sooner. I was told TAPS becomes similar to an addiction and this addiction is one I'm okay with and would like to pass on to others."

- Corporal Danielle Senko



"TAPS has been one of the most rewarding events I've been a part of. Helping family members heal after their loved one paid the ultimate price for our freedoms is an amazing experience. When the family members give you warm smiles and hugs, all the long hours were more than worth it. I'm so appreciative to the service members and their families."

- Petty Officer Second Class Kimberly Mackin



SAFETY FLASH

SPRING CLEANING

GENERAL SAFETY - HOUSEKEEPING IS AN IMPORTANT PART OF YOUR JOB

Housekeeping is a very important part of your job. Not only does it improve the overall appearance of your shop or work area, it shows that you take pride in where you work. The best way that you can help keep your workplace clean is to pick up after yourself! Don't leave it for the next shift.

Here are some reasons to keep your work area clean:

- You reduce trip and fall hazards.
- Increased production.
- You won't have to waste time looking for a misplaced tool. You will always know where your tools are when you put them where they belong after you use them.

If someone falls because materials you left on the floor, you were a causal factor in the accident. Not to mention, the injured worker may want to remind you of that!

Here are some tips to maintain a clean work area:

- Plan the job. Make a list of the needed tools/materials. This will help to minimize unnecessary clutter around your work area.
- Develop a routine for cleaning up at the end of the shift or periodically during the shift.
- Do not allow employees to eat or drink in the work area, not only because of litter problems, but also because of hygiene concerns.

Take responsibility for yourself and your work area! Remember, a clean work area is a productive work area and also enhances safety!



Answer the following checklist with a YES or NO

- Are work sites clean, sanitary and orderly?
- Are work surfaces kept dry or appropriate means taken to assure the surfaces are slip-resistant?
- Is combustible scrap, debris and waste stored safely and removed from the worksite promptly?
- Are accumulations of combustible dust routinely removed from elevated surfaces including the overhead structure of buildings, etc.?
- Is vacuuming with appropriate equipment used whenever possible rather than blowing or sweeping dust?
- Are grinders, saws and other machines that produce respirable dusts vented to an industrial collector or central exhaust system?
- Are all local exhaust ventilation systems designed and operating properly? For airflow and volume to be at the proper amount ducts need to be un-plugged and belts repaired.
- Is metallic or conductive dust prevented from entering or accumulating on or around electrical enclosures or equipment?
- Are covered metal waste cans used for oily and paint soaked waste?
- Are paint spray booths, dip tanks, etc. cleaned regularly?
- Are all toilets and washing facilities clean and sanitary?
- Are all work areas adequately illuminated?
- Are employees aware of the hazards involved with various chemicals they may be exposed to in their work environment, such as ammonia, chlorine, epoxies, caustics, etc?
- Is personal protective equipment provided, used, and maintained whenever required?
- Are outlets for water not suitable for drinking clearly marked?
- Are the employees exposed to chemicals in the workplace kept within acceptable levels?
- Is all regulated waste, as defined in the OSHA bloodborne pathogens standard (29 CFR 1910.1030) discarded according to federal, state and local regulations?
- Are all spilled hazardous materials or liquids, including blood and other potentially infectious materials, cleaned up immediately and according to proper procedures?

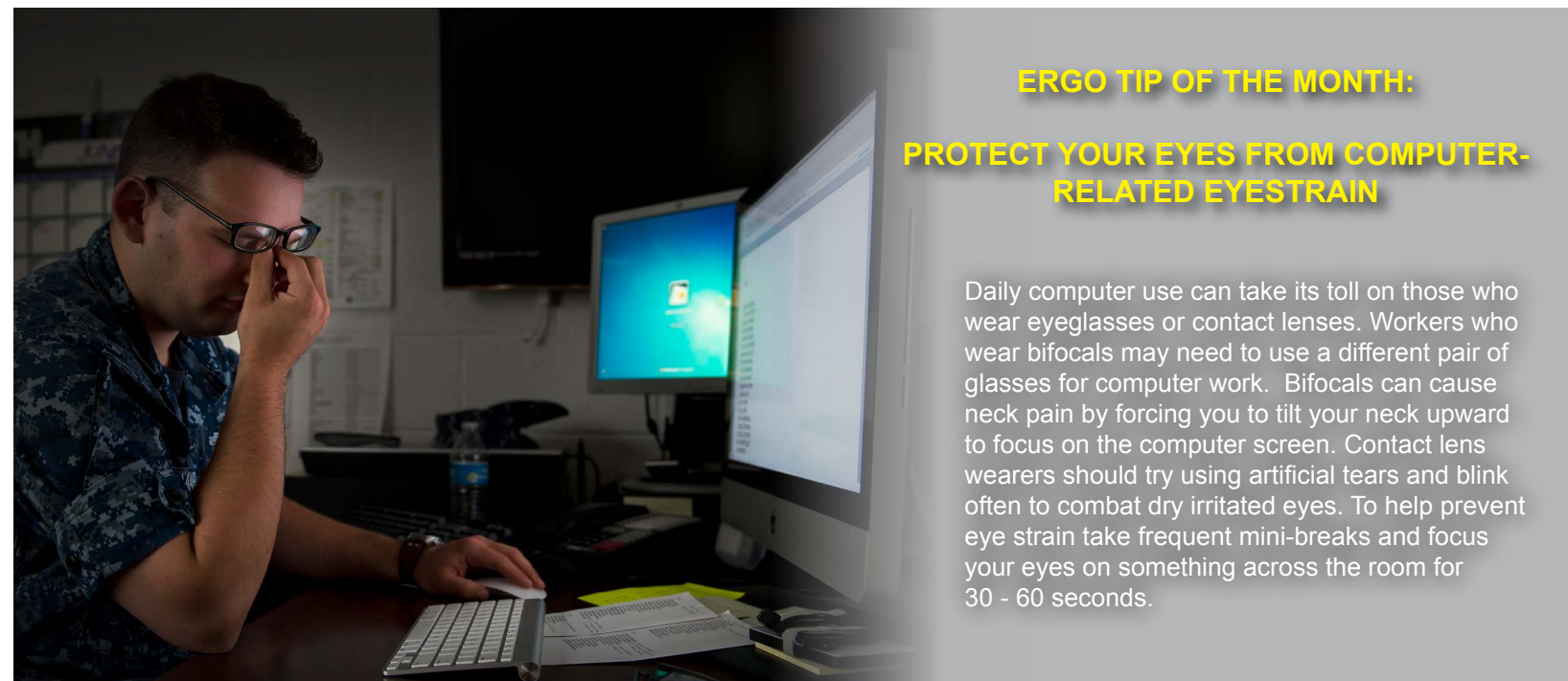
What do these three accidents have in common:

- A truck driver jumped off the edge of a loading truck dock to take a short cut instead of using the steps. He jumped onto a discarded pallet that had been tossed on the apron earlier. When he landed on the pallet it broke causing him to lose his balance and fall. He broke his right ankle in the accident and was off work several weeks.

- In another incident, a machine operator was going to lunch. He shut off his machine, wiped his hands and started for the restroom. As he turned around he slipped on an oil spot on the floor, striking his head on equipment, sustaining a severe head injury.

- Paper and wood refuse from uncrating raw materials was allowed to accumulate on the floor of a warehouse. It was to have been removed the day before, but the job was not done. Someone apparently dropped a match or cigarette onto the pile and a fire started. Fortunately, the fire was later spotted and extinguished, but not before causing extensive smoke damage to stock being stored in the warehouse.

These accidents have one important thing in common, "HOUSEKEEPING." There is no doubt that the accidents or damage could have been prevented had reasonable housekeeping standards been followed.



ERGO TIP OF THE MONTH:

PROTECT YOUR EYES FROM COMPUTER-RELATED EYESTRAIN

Daily computer use can take its toll on those who wear eyeglasses or contact lenses. Workers who wear bifocals may need to use a different pair of glasses for computer work. Bifocals can cause neck pain by forcing you to tilt your neck upward to focus on the computer screen. Contact lens wearers should try using artificial tears and blink often to combat dry irritated eyes. To help prevent eye strain take frequent mini-breaks and focus your eyes on something across the room for 30 - 60 seconds.

NIOC MARYLAND REMEMBERS:

THE BATTLE OF MIDWAY

The Battle of Midway Commemoration Dinner

The Battle of Midway was the turning point of World War II for the Pacific Theater. Six months earlier, the Japanese Navy had attacked our Pacific Forces in Pearl Harbor, had sunk four of eight Battleships in port, and the US had declared war on the Japanese. Not only was the Battle of Midway pivotal for our Navy at large, but also for our intelligence and cryptology brethren who successfully intercepted and decoded Japanese Naval communications. This advantage greatly changed our Fleet Admirals' calculus in fighting the war, and forever cemented the importance of the pre-Information Dominance Corps (IDC) men and women fighting from 'Station Hypo'.

VADM Tighe, Commander, U.S. Fleet Cyber Command and U.S. 10th Fleet, decided to hold our command's celebration of this historic battle along with her annual Commander's Conference over the week of 1-5 June. Serving to commemorate the heroics of the Battle of Midway, while also bringing her IDC Commander's together, this conference culminated in the Battle of Midway Commemoration Dinner held at the N-star room at the US Naval Academy's Stadium in Annapolis. With nearly 100 people from across the IDC, the attendees enjoyed music from the Naval Academy Band, a presentation of the colors from NIOC Maryland's own color guard, followed by a dinner and keynote address from RDML Timothy White of the National Security Agency.

Addressing a crowd of current and retired IDC-members, RDML White spoke of the need to innovate and think outside the box with a modern "access problem" similar to that encountered in the Pacific Theater nearly 73 years earlier. He reiterated the modern rebalancing of forces to the Pacific, while incorporating the growing need for IDC leaders to think traditionally as well as innovatively, as adversaries adapt to the information age. Sitting amongst artifacts generously loaned by the National Cryptologic Museum located near Fort Meade, the crowd enjoyed RDML White's knack for witty humor and insightful discussion.

The Battle of Midway Commemoration Dinner is held annually and is in its fourth year running. For more information on attending next year, look for your command representatives to pass information in March of 2016. The dinner is open to all IDC members.



Asian, Pacific Island Cultures Celebrated at Annual Event

"Many Cultures, One Voice: Promote Equality and Inclusion"



Asian American and Pacific Islander Heritage Month recognizes the challenges faced by Asian Americans, Pacific Islanders, and Native Hawaiians and their vital contributions to the American story.

NIOC Maryland (NIOC MD) joins our nation in celebrating the contributions of generations of patriots during Asian American and Pacific Islander Heritage Month by offering a free lunch fair educating Sailors on Asian and Pacific Islander food and culture, May 21.

NIOC MD Chief Petty Officer Omaira Morales welcomed the audience and said the celebration was a tribute to "the proud legacy that reflects the spirit of our nation" and "honors the perseverance and courage" of Asian-Americans and Pacific Islanders who immigrated to the U.S.

Garrison Commander Col. Brian P. Foley thanked NIOC MD for hosting the event.

"Cultural and ethnic diversity makes the world a wonderful place," he said. "Imagine how boring the world would be if we all looked the same and had the same culture and customs and music.

"Embrace diversity," he urged audience members. "Don't fear it or make preconceived notions, he continued. "The potential loss is profound. Prejudice is nothing but fear."

The event presented a Chinese Lion Dance and also featured a multicultural fashion show, a performance of Bayanihan Filipino folk dancing, and a traditional Guamanian dance by Child Development Center I Administrator Norma Delos Santos.

Six stations were set up around the auditorium featuring information panels, art and ritual objects, fabrics, photos and maps, and cuisine from the Middle East (Turkey, Iraq, Israel); Central Asia (Afghanistan, Turkmenistan, Armenia); Southeast Asia (Vietnam, Indonesia, East Timor); the Pacific Islands (Guam, Hawaii); South Asia (India, Pakistan, Bangladesh); and East Asia (China, Japan, Korea).

While the auditorium was filled with the intoxicating aromas of Korean beef, Afghan chicken kabob and Guamanian steak, volunteers at the stations were attired in dashikis, kaffiyehs, saris, kimonos, and other types of traditional Asian and Pacific Island garb.

NIOC MD Petty Officer 1st Class Layaka Young, who helmed the committee that coordinated the celebration, admitted that covering an area as broad and diverse as Asia and the Pacific Islands was no easy feat.

"It was daunting," she said. "But we wanted to give people a chance to see what it feels like to be in an Asian market.



"We really wanted the whole community to come because you can't walk two feet without meeting someone of a different culture here. Diversity is very important. People have to accept each other for their differences.

"If we know more about each other's stories, we'll have more common ground."

Petty Officer 1st Class Karen Robinson was recruited by her friend and NIOC MD colleague Petty Officer 1st Class Estrella Schelmetty to help operate the Middle East station because she served for two years in Bahrain.

At the celebration, both Robinson and Schelmetty donned black abayas, the robe-like dress worn by some women in parts of the Muslim world.

"She knew I had a lot of recipes and knowledge of the region," Robinson, a Cleveland native who lives in Hanover, said of Schelmetty. "The average American doesn't know much about other cultures. We want to open people's eyes about all of the customs and traditions and foods."

One of the most popular stations was the Central Asian table, where Petty Officer 2nd Class Kimberly Macklin was serving up



chicken kabobs and baklava with her husband and NIOC MD colleague, Petty Officer 1st Class Brett Macklin.

While Kimberly Macklin, a native of Sylvester, Ga., sported a hijab headdress and salwar kameez outfit worn traditionally in the Silk Road region, her husband, a Richmond, Va., native, was attired in a pakol cap.

Although she had never cooked Central Asian cuisine before, Kimberly said she was able to prepare the dishes with little trouble.

"I Googled the recipes," she said. "I really like to cook. I cook in my off time."

Macklin said she chose the Central Asian station because "everyone wanted Japan and Hawaii, the more popular ones. So I wanted this one because it's not what everyone wanted, and I really learned a lot. It was fun."

That sentiment was echoed by NIOC MD Chief Petty Officer Genevieve Tokarski, who sang the national anthem at the celebration.

"This was a great opportunity to take some time away from work and explore other cultures and hear their stories," said the Chicago native who lives in Baltimore's Hampden community. "I really enjoyed it."

Directed by Congress in 1978 and established by Presidential Proclamation in 1979, Asian/Pacific American Heritage Week was first observed the week of May 4, 1979. In 1990, President George H. W. Bush expanded the observance to encompass the entire month, and in 1992, Congress passed a law permanently designating May as Asian/Pacific American Heritage Month.

Editor's Note: To view more photos of the event, visit the Fort Meade Flickr page at [flickr.com/photos/ftmeade](https://www.flickr.com/photos/ftmeade).

CONGRATULATIONS

TO THE FOLLOWING SAILORS ON THEIR ADVANCEMENT



KIRK BERKA
JEREMY STAHL



RALPH BASS
JUSTIN BEERS
ANGELA HARRISON
ANTHONY KOCH
CHRISTOPHER KOENIG
STEVEN MARTINEZ
NICHOLAS MULLEN

BRIAN PARTRIDGE
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